

DINNERLY



Balanced Malaysian Tofu Curry with Quinoa and Spring Onion



25 minutes



2 Servings

Brimming with goodness, this vegan curry teams satay tofu, zucchini and carrot with a mildly spiced coconut sauce. Serve with protein-packed quinoa.

WHAT WE SEND

- 125g quinoa
- 1 spring onion
- 1 carrot
- 1 zucchini
- 200g peanut satay tofu ^{1,5,6}
- 5g Malaysian mild curry powder
- 200ml coconut milk

WHAT YOU NEED

- 1 garlic clove
- 2 tsp vegetable oil
- ½ tsp soy sauce ⁶
- ½ tsp white vinegar

TOOLS

- sieve
- small saucepan with lid
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Peanuts (5), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 690kcal, Fat 35.0g, Carbs 61.8g, Proteins 28.1g



1. Cook quinoa

Put the **quinoa** in a sieve, rinse well and drain (see Kitchen 101). Put in a small saucepan with **250ml (1 cup) water**, cover and bring to a simmer. Reduce the heat to low and cook, covered, for 12-15 mins until the water is absorbed and the quinoa is tender. Turn off the heat and stand, covered, for 5 mins. Season with **salt and pepper**.



2. Prep ingredients

Meanwhile, crush or finely chop **1 garlic clove**. Thinly slice the **spring onion**, keeping the white and green parts separate. Peel the **carrot**. Halve the **carrot** and **zucchini** lengthwise and thinly slice. Quarter the **tofu** pieces.



3. Start curry

Heat **2 tsp vegetable oil** in a medium deep frypan over medium heat. Cook the **curry powder**, **garlic** and **white part of the spring onion**, stirring, for 1 min or until fragrant.



4. Simmer curry

Add the **coconut milk**, **carrot**, **zucchini** and **125ml (½ cup) water** to the pan and bring to the boil, then reduce the heat to medium and cook for 3 mins. Add the **tofu** and cook for 2 mins or until the carrot is just tender.



5. Serve up

Stir **½ tsp soy sauce** and **½ tsp white vinegar** into the curry. Taste, then season with **salt and pepper**. Remove the pan from the heat. Divide the **quinoa** and **tofu curry** among bowls, scatter over the **remaining spring onion** and enjoy!



6. Kitchen 101

It's important to rinse the quinoa well to remove the natural coating called saponin, which can make it taste bitter or soapy.